It's Good News,

For those who want to quit smoking, or help a loved one quit . . .

. . . Help is as close as your phone and computer . . .

Cancer Information Service: 1-877-44U-QUIT (toll free)
www.smokefree.gov

Great Start—Counseling and Information Services for pregnant smokers: 1-866-667-8278 (toll free)
http://www.americanlegacy.org/greatstart/html/home.html

U.S. Centers for Disease Control and Prevention: **www.cdc.gov/tobacco/how2quit.htm**

Office of the Surgeon General: **www.surgeongeneral.gov/tobacco/**

Quitnet: **www.quitnet.com**

Freedom From Smoking: **www.lungusa.org/ffs/index.html**

. . . as comprehensive as your health policy . . .

Prescription drug therapy is covered by many health insurance plans, subject to normal restrictions and limits.

Over-the-counter aids, such as nicotine patches and chewing gum, are typically not covered by health plans, but may be saved for in CAFETERIA plans, subject to only the normal limits and restrictions.

The Missouri Tobacco Use Prevention Program, 920 Wildwood
1-866-726-9926 (toll free)
www.dhss.state.mo.us/SmokingAndTobacco